

2019 GO BLUE Wellness Walk

WEAR BLUE
to support Strong Families, Safe Kids & the importance of prevention!

Let's get outside! Please join us on a 1.3 mile **Go Blue Wellness Walk** from the Harry S Truman Building & through downtown Jefferson City.

Wellness Activities

- Capital Region Medical Center
- Missouri River Regional Library
- and more!



GO BLUE DAY
11am to 1:30pm
Friday,
April 19, 2019

Can't make it downtown? Plan, host & celebrate your own #MOGoBlue event!

At noon, please join us for a group photo!

Take better care of yourself, so that you can take care of others...BETTER!

Water, Snacks & Give-Aways (while supplies last!)

April is Child Abuse & Neglect Prevention Month!

#MOGoBlue 



Missouri's Foundation For Child Abuse Prevention
Strong Families, Safe Kids

cf4kids.org



Register at: <https://mo-cf.azurewebsites.net/Forms/GoBlueWellness.aspx>

